

**Linda Clair**  
**Ten-day Meditation Retreat**  
**Kallara Conference Center, Australia – July 2021**  
**Transcription from Audio Recordings**

**FILE 2B – Morning Discussion**

Question: It's been interesting. For about the last ten days before this retreat I managed to prioritise things enough to get a full hour of meditation done every single day, and I really noticed the difference coming into the retreat, having had that period of time beforehand with really regular meditation. It's just a really good reminder. It was so clear coming into the retreat having done that, compared to most other times where it's been a hectic week leading up to the retreat and I haven't meditated much.

But also, the last few months particularly, there's been these quite shocking realisations about how much of what I do and how I live my life is based on fear – of not wanting to be rejected, of wanting to do the right thing, of wanting to conform to societal expectations. This realisation of how so little of how I live my life, or what I do, is truly authentic. And it's coming from a place – like you say, it's the intention behind the action – and so much of it has these subtle intentions of fear, or egoic wanting.

Linda: Well, when you look back at what you do and the intention behind things, it's usually all to do with you. I saw the same thing – it was all to do with me. Everything was really about me, even though it appeared to be about someone else, something else, it was how I felt about it. Even someone dying was all about how I felt about it. It wasn't really about them. Even my children – I was scared they would die, but that was still about me, how I would cope. Everything was. But the clearer you become, the more clearly you see that. It is shocking because you do see how much you do it. But when you're totally in it you've got no idea how much you do it. It's only when you do have that slight separation.

Question: It seems like everything is at essence a fear-based reaction to everything that comes up in your life.

Linda: It is.

Question: It's quite shocking to see your life that way and to think, "My god, I've never really lived in an authentic way."

Linda: Because you're too scared to.

Question: Yes, or you just blindly react without even realising.

Linda: Well, we're taught from a very early age to be fearful and we inject that into our children. It's not a blame, it's no one's fault, it's just how people are taught to behave. And that fear response is reinforced from a very young age and it just becomes deeper and deeper. And this thing of – pain bad,

pleasure good. There is a good and there is a bad, and you're supposed to do this and not this, and behave this way and not this way, and you're supposed to be caring, and you're supposed to do this. There's just so much pressure.

Question: And then all the societal expectations that are placed on us by others.

Linda: Yes, and hardly anyone is really prepared to stop and look closely at it. And most of you, if you've told people you know that you're coming to this retreat, probably most people have said, "Oh, that will be so relaxing, you'll be so relaxed when you get back." They've got no idea; that's fine, that's how most people are. But that's what makes this harder, you're pulling away from that herd mentality, that fear mentality, that pervades most of the world and is the source of suffering in the world. So, one person becoming free from fear is a huge thing, huge thing and it affects so many people around. Or even being partially free from fear, which is what's happening. And what keeps you going is that you just can't stand – you become more and more aware of how ego based, fear based, your behaviour is – and you just can't tolerate it anymore. And the fear of being like that for the rest of your life is greater than the fear of jumping into the unknown. You get to that point where it just becomes so intolerable that you're willing to do anything to be free from it. But it's a gradual process too, and it needs to be, to prepare yourself for this state of no fear. Or almost no fear – I can't say there's no fear there in me, but there's much less than there was even six months ago, six weeks ago.

Question: I've found it just gets so exhausting though at times because I see it, and I'm so aware of it all the time. And in some ways I feel like it gets exacerbated by bringing the awareness to it and it comes up more strongly at times, and it's pretty draining having to just feel it when it's there.

Linda: It's very draining but eventually what happens is that it does also give you the energy – this energy that comes from nowhere, it feels like – to really keep going and be free from it. Because the energy it takes to be fearful and to be this person is really much greater. Well, it's wasteful energy. It takes energy to be here but what it does is regenerate, so it's regenerating all the time and going round and round, becoming stronger and stronger. But the energy that you use being a person is almost a total waste of energy; and it is very draining in a different way – physically, emotionally. So you start to direct your energy into this rather than wasting it being emotional, fearful.

But you have to keep going. And you have breakthroughs every now and again where you go, "Wow, this is amazing."

Question: For me, a breakthrough is even to have little wave of fear or anxiety come up about something and just to feel it but not be lost in it. Even at the time I didn't quite realise but afterwards I was like, "Hah, I was able to see that for what it is." Even though I experienced it and couldn't stop it, I realised that that's quite a sign.

Linda: So, it's being able to see it without being totally engulfed in it, taken over by it. And that is a really deep realisation when that does happen.

Question: But it's even more uncomfortable.

Linda: It is! It's really uncomfortable.

Question: You just feel it more deeply even though you're not lost it. You don't rush to do the usual distraction things you would have done before when you were lost in it, to try and get out of it or stop it.

Linda: So, what happens when you do that is that, you're actually containing energy rather than trying to release it. We get taught that what we need to do is keep releasing energy, whereas with this practise it's the opposite – you're containing energy. And it does become more and more dense and you feel that incredible pressure, and it's uncomfortable. But that's what needs to happen. Eventually – it's not like this huge release, it's the opposite, it's internal – it's not an explosion but an implosion within you.

Question: So, you used the analogy of like a black hole, or imploding into this nothingness.

Linda: Yes. Every time I hear someone talk about black holes I remember you talking about it. It's a bit like a nuclear reaction where the energy transforms, it's not released. If you keep releasing it, it's like a dead end.

Question: So, it's about containing the energy?

Linda: When you see that fear and you don't try and push it away or distract yourself, that's containing it. So a lot of this is doing the opposite to what we're taught to do in the world.

Question: Yes, I feel this is almost like a direct threat to the current way society functions, because it's so opposite in every single way to what we're taught. It's subversive.

Linda: It is! It's the most radical thing you can do in the world, in existence. Because in the end you see, "Ah, I was looking at it totally the wrong way, I thought I was looking." And it wasn't that at all.